



DRUG DEMAND REDUCTION Newsletter



**Volume 2 Issue 2
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***We want to publish your
DDR success stories in the
DDR Newsletter. Send
articles and photos to:
Maj Lynn Stuart, CAP
sleds88@msn.com***

Why DDR?

Lt Col Jett Mayhew
National DDR Team Leader

The purpose of Civil Air Patrol is stated in Article V of the Civil Air Patrol constitution. Section E of Article V states "To provide an organization of private citizens with adequate facilities to assist in meeting local and national emergencies." And in Article V Section F, it states "To assist the Department of the Air Force in fulfilling its non combat programs and missions." The DDR Team considers the use of alcohol and drugs in this country and its impact on our future to be very much an emergency.

Through strengthening the Cadet Program and supporting our cadets in a drug awareness program, we make the public aware that Civil Air Patrol is doing something about the drug problems in America today. Every day our cadets live with drugs and alcohol abuse. It is in their schools, their neighborhood and sometimes even within their families. By the time our cadets graduate from high school, they will know someone who was killed by a drunk driver or someone who has died from drugs abuse. This is their reality, as sure as their parents' reality was knowing someone hurt or killed during a war, or their grandparents reality of someone hurt, killed or missing during the Vietnam or World War II.

In 2008, Civil Air Patrol helped safeguard our nation by assisting other agencies in taking more than \$1 billion in illicit drugs and money off the streets. We were also credited with saving 91 lives in 2008, all done through our Aircrew and Ground Team Members. You don't have to be an aircrew or a ground team member to make a difference. You too can save lives. Search out those communities and rescue them through the Drug Demand Reduction awareness program. After all we are Citizens Serving Above and Beyond.

Civil Air Patrol cadets have the chance to have a life, as well as save lives. They want to extend that chance to others through drug awareness programs and through promoting Civil Air Patrol Programs to other kids. Civil Air Patrol cadets are already part of the solution, whether through the CAP DDR program, Students Against Drunk Drivers, DARE, or similar programs in school, or through keeping their lives clean and making responsible choices.

Your DDR Team can assist you in recruiting and retention, marketing, public affairs and opening doors to communication with the cadets, their families and their communities. Our goal is to assist you in getting your members involved in helping to make this a Drug Free America. We need you to be part of the team.

Drug Abuse Can Be Accidental

Capt Timothy R. Medeiros, SER DDRC

Recently, I saw an article about 10 children being given what was thought to be a Kool-Aid type of drink when it was in actuality, windshield washer fluid. It does not matter that these children, ages 2 to 7, were in a daycare setting. It could have happened in any setting. We, in general, are all more stressed these days given the economy and related issues, which in turn results in less focus on the more menial tasks of daily life.

The potential long-term damage of the children's bodies can range from nothing to liver failure to death. The active ingredient in the fluid is anti-freeze. While not done intentionally, the outcome of this will affect far more people than just the 10 children. This is also true about the effects of drug or alcohol abuse. There is a snowball affect in those touched either directly or indirectly by abuse.

Some will not understand how this relates to DDR, but it does, and it starts with the manufacturer by making its product with colors that resemble popular children's drinks. Next, the consumer, who for whatever reason forgets that they purchased this product and fails to put it out of reach of children and then does not read the label or smell the difference between it and a fruity sugary drink when serving it. Only when the children actually drank some of their drink and said it tastes funny did the realization of what happened appear.

The point of this is that bad things do happen even if it was not intended. Part of the mission of DDR is to educate people about the unintended out comes of their actions or inactions. DDR is about safety and involves all aspects of our lives. It is about not only the obvious illicit drug problem and use of alcohol. It is about any chemical that has the potential to wreak disastrous effects upon the human body.

Please take the time to check the labels of products in your home, work place, and any where you spend time and make sure they are safely contained, so that you, your family, and friends do not have a similar experience as these 10 children.

26th Annual National Tourism Week, May 9-17, 2009

Lt Col Jett Mayhew, National DDR Team Leader

Last year as I traveled across America stopping at many welcome and rest areas I came across many community organizations selling hot dogs, cup cakes, sodas, chips etc. and advertising their organization and how they are helping America.

What a great opportunity this would be for you to go to the rest areas (contact your states Department of Transportation) and welcome centers. Advertise Civil Air Patrol and how we are helping with America's needs.

DDR in the News

Maj. Marie Ann Rivera, commander of the Puerto Rico Wing's Mayaguez Cadet Squadron, and Cadet Sr. Airman Miguel Olivencia with Yolanda Vazquez and teacher Gladys Rivera after presenting a drug demand reduction orientation program for kindergartners at Consuelo Perez Cintron School in Mayaguez.



We Have Better Things To Do Than Drugs

Major Lynn Stuart, NHQ DDR Assist Team Leader

On February 27th, about 900 students participating in the D.A.R.E. and G.R.E.A.T. programs in various schools in Hinds County, Mississippi, spent time enjoying games of bowling, pool, and video games at the annual D.A.R.E./G.R.E.A.T. Bowl-A-Thon.

The focus of the event is to reward students participating in the programs, raise funds for future activities and to reinforce the message that there are better things to do than drugs.

Students were also eligible to win prizes including an autographed basketball donated by Cleveland Cavalier and 2009 NBA All-Star, Maurice (Mo) Williams. Even though Mo was unable to attend, his parents delivered a message from him on the importance of staying drug free.



CAP Major Lynn Stuart presents a basketball signed by NBA All-Star, Mo Williams, to D.A.R.E officials Cheryl Shelton and Officers Richard Byrd and Bill Buck.

Prior to leaving, each student received a backpack filled with anti-drug materials, CAP brochures, and DDR items donated by Air National Guard, Civil Air Patrol, local businesses and county and state drug enforcement agencies.

Mexican Cartel RISK- The game of Mexican drug domination

SM Ryan Hubbard, DDRO

Montgomery Composite Squadron, VAWG

In light of the destabilizing situation of the Mexican drug cartels and their direct link to the amount of drugs imported into this country, it is necessary to familiarize oneself with those responsible. The Mexican Drug War is a severe internal conflict that is occurring shockingly close to our own country and is progressively getting worse. Some 90% of all cocaine in our country is brought in via these drug gangs and over 6000 Mexican civilians were killed in drug related violence due to the oppression and aggression of these cartels just in the last year.

The Mexican Cartel RISK activity was designed to show the areas of influence of each of the major drug cartels in control of most of Mexico. SM Hubbard created a map of the Mexican region out of poster board and for each Mexican state controlled by a cartel, a colored sticker was placed on that state to denote the appropriate affiliation. The leader of each cartel was labeled and matched with a photo under the "Leaderboard" section of the map.

The challenge to members and cadets is to watch the news and be on the lookout for stories pertaining to the Mexican situation.

Every time a cartel engages in battle with another, we will allocate the control of that territory on the board to the appropriate cartel. If a leader is killed or captured, we will mark through their mugshot. For a Mexican or US government victory, we will place a Mexican flag at the location of victory, such as the seizure of 7 tons of cocaine by the Mexican Navy a few days back.



Putting Your Health In The Hands Of Crooks???

2d Lt Paul Janssen, DDRO
Rome Composite Squadron, GA Wing

It couldn't be easier, ordering prescription drugs online with a few clicks of your mouse and having them delivered right at your door, without ever having to see a doctor. But is it safe? Is it legal? Often not. And you need to know the risks involved.

Yes, there are plenty of legitimate U.S. pharmaceutical companies and pharmacies (including online ones) that follow all the laws and regulations and put public safety first. But there are many that do not. They are just out to make a quick buck at your expense. These shady businesses fill orders without prescriptions. They pay doctors just to take a quick look at your brief medical questionnaire. They don't know if you are a drug addict, underage, or have another medical condition that their medications could make worse. **And they don't care.**

Worse yet, the products they peddle are questionable, at best. The drugs may be way past their expiration date. They may be counterfeit, mislabeled, adulterated, or contaminated. And they may well be made from suspect raw materials in underground laboratories, in the U.S. and abroad, far from the safety-conscious eyes of the Food and Drug Administration.

Part of the problem is that these illegal pharmacies are all over the internet. More than 80,000 "portal" websites currently sell ad space for these medications and link to one of more than 1,400 "anchor" websites that allow customers to place orders through illegal pharmacies. You don't even have to search for these offers. They often come straight to your inbox as e-mail spam, enticing you with a cornucopia of drugs on the cheap.

You may ask: "Are there ways to tell whether an online pharmacy is legal?" Definitely and here are some requirements of legitimate pharmacies:

- Require a prescription from a licensed doctor, usually by mail (if they accept a fax copy, they will always call your doctor to verify the prescription);
- Make you submit a detailed medical history;
- Clearly state their payment, privacy, and shipping fees on their sites; and
- Use secure or encrypted website connections for transactions.

Many legitimate online pharmacies are also certified by the National Association of Boards of Pharmacy. Check its website: <http://vipps.nabp.net/verify.asp> for a listing. Bear in mind, some of the larger internet pharmacies may not be certified because of their already well-recognized names.

Source: Federal Bureau of Investigation

DID YOU KNOW?

- More than half of U.S. adults take prescription medicines in any given week
- Many of them - 10 percent - take more than 5 different medicines
- 700,000 Americans end up in emergency rooms each year because of bad drug reactions

Make sure your doctors and drug stores know everything that you are taking including prescriptions, over-the-counter medicines, herbs and vitamins. Take a list of your medicines every time you go to your doctor's office, especially if you see more than one doctor.

To find more information regarding prescription drug safety, go to:
<http://www.ahrq.gov/consumer/safemeds/safemeds.htm>.

Maryland Wing- Drug Demand Reduction at HC Drug Free Volunteer & Job Fair

1st Lt Walter Murphy, DDRA
Maryland Wing

On March 7, 2009 Long Reach High School, Columbia, Maryland, the Maryland Wing Drug Demand Reduction Administrator (DDRA) 1st Lt. Walter Murphy and Senior Member James Kellogg worked an exhibit table at a volunteer and job fair held by HC Drug Free, a non profit organization in Howard County, Maryland.

As seen in the photo, Disabled American, James Kellogg, a Senior Member in the Maryland Wing, interacts with a participant in a "Fatal Vision Goggles" activity.

The event had nearly 3000 attendees up from 1500 last year. Lt Murphy was very pleased with the participation and attendance of the public. Many of the youth were very enthusiastic about the Civil Air Patrol's DDR program and its Cadet program.

Lt Murphy was impressed with the numbers of youth with parents that asked how to join the Civil Air Patrol.



Colorado Wing Delivers DDR Messages to the Metro Denver Boys and Girls Clubs

Chaplain Gordon Rourk, DDRA
Colorado Wing

Over the past 2 month we have gone to each of the 8 Metro Denver Boys/Girls Clubs. We met in the evening with the older teenagers to discuss Drug/Alcohol Awareness. At each Club a slide presentation on drugs and alcohol was presented followed by discussions on "Making Right Choices in Life."



Mrs. Colorado Galaxy 2009, Erin Feltes, presented her own personal story on how a wrong choice as a young teenager was overcome when she decided not to let it control her future. Today, Erin is the mother of 2 and married to a Marine stationed at Buckley AFB. Miss Colorado Galaxy 2009, Jessica Smith, shared her personal story on how she too overcame a wrong choice and today owns her own Dance Studio in Denver. The two ladies are shining examples as to how not to let a wrong choice control your life and how Making Right Choices leads to fulfillment and happiness.

In addition, Miss Colorado USA Teen 2008, Taylor Schettler and Miss Pre Teen Galaxy 2009, Kailey Simpson spoke to the teenagers about the difficulty of making Right Choices with peer pressure. Taylor's brother is a Civil Air Patrol Cadet and she, as well as the other ladies, discussed how CAP can be the platform upon which to build your life.

A New Tobacco Great ????

Capt Timothy R. Medeiros, SER DDRRC

R. J. Reynolds Company has released a new product, and its intended target demographic is rather questionable. This product is a "pill" of tobacco similar to that of a Tic Tac and sold in a candy type of container. The name of this new item is Orbs and has a relief of a camel stamped on the surface. Orbs was released in January of this year and is a dissolvable tobacco.

The company states the marketing of this product is for those who cannot leave the work environment, restaurant, or whatever they are doing but still want to have their tobacco consumption need met. It is their answer to a booming market in smokeless alternatives to cigarettes as smoke-free laws sweep the nation. A major selling point is that there is no smoke, no spit, and no litter.

Public health providers are alarmed. Many are objecting to the tobacco company's statements that this product is more socially acceptable and that since they are not traditional tobacco products they are more like food. They have also stated that this product poses fewer health risks since they are smokeless, but they are still dangerous because they keep people addicted. A typical cigarette delivers 1 milligram of nicotine per unit while dissolvable deliver anywhere from 0.6 milligrams to a whopping 3.1 milligrams each. There are two other varieties of products in the line also, sticks that resemble toothpicks and strips that are much like breath mint strips.

Because the package is small and resembles many candy products already available, they do pose an attractive nuisance for kids. Reynolds says that they do not believe this to be true as teens are risk takers and popping a pill is not; so this does not have the lure that a cigarette does. Teens already have enough to deal with when it comes to peer pressure and drugs, why would this company think that our young would not readily accept a pill? What about the toddler who finds this package and flips it open thinking that it is the same type of candy they were given before? It only takes one old cigarette butt left in an ashtray, found by a young child and put in their mouth to produce coma and or death. Think of how many little candies they can quickly swallow before anyone notices. How many small children will have to suffer serious health consequences before the light bulb shines over the tobacco companies heads?

When the FDA was asked to regulate this type of product as a food, it replied that it was tobacco. There is a bill now pending in Congress that would give the FDA the authority to regulate tobacco products. We can only hope that it passes.

Facts about Teen Smokers

- **Every day in the United States alone, approximately 3,000 kids under the age of 18 start smoking.**
- **Teen smokers get sick more often than teens who don't smoke.**
- **Teen smokers have smaller lungs and weaker hearts than teens who don't smoke.**
- **Teen smokers are more likely to use alcohol and other drugs.**
- **It is estimated that approximately 4.5 million adolescents in the United States are smokers.**
- **Those who start smoking young are more likely to have a long-term addiction to nicotine than people who start smoking later in life.**

Source: American Cancer Society and U.S. Dept of Health and Human Services.

Squadron Hosts DDR Activity Night

2d Lt Lisa Hoffman

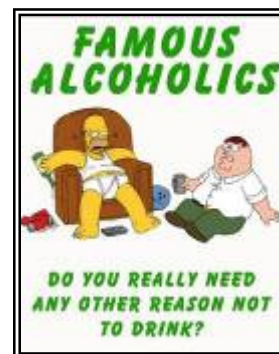
Teaneck Composite Squadron, NER-NJ-035

The Teaneck Composite Squadron (TCS) hosted a Drug Demand Reduction night open to the public following their second honor guard graduation. "The ceremony which lasted about a half hour drew a large crowd who were then exposed to our DDR program for the remainder of the night", said Squadron Commander, Capt Pete Mitchell.



The theme of TCS's first DDR Activity Night was the effects of alcohol. "While we have bimonthly classes at the squadron, this was our first event that was open to the public. I knew we were going to have younger siblings so we geared the activities towards preteens and focused on drinking" said cadet DDRO, C/Lt Col Lori Hoffman. Four stations were set up for members and guests to participate in. The first station was a "DDR Bar", where participants were giving ingredients and recipes for nonalcoholic drinks. The second station was a simple obstacle course where participants were asked to walk a straight line, walk around a chair, and pick up three play pit balls of the same color out of a group of multicolored balls while wearing low intensity fatal vision goggles. The third station was "DDR Meets DDR" where participants were asked to play the video game Dance Dance Revolution while wearing medium intensity fatal vision goggles. The fourth station was "DDR Driving" where participants used X-box driving wheels and pedals to play a driving video game while wearing high intensity fatal vision goggles.

The stations were set up in a large room covered with posters created by TCS cadets. "We were on an activity and the cadets were making fun of an old '90s anti-drug poster", said C/Lt Col Hoffman "so for this event I told them to make posters that they and their friends would be able to relate to." The posters varied in topic covering drinking, tobacco use, illegal drug use, and prescription drug abuse. A variety of tactics were used, some simply provided information, some posters used statistics to cause realizations, and others used humor and wit to address serious concerns.



The night proved successful. The majority of the public had never heard of DDR and was exposed to the program for the first time. Not only did the cadets and preteens have fun, but adults tried some of the activities as well. "It was really funny my little brother insisted that my mom try walking the line and she wasn't even close", said C/SrA Alison Root. The squadron is considering holding another open DDR night with a different theme in the future.

Looking For Ideas for Your Next DDR Presentation? Why not a Game?

Often people think of DDR presentations as dry, dull or even scary. It does not have to be that way, as demonstrated by the above article.

Did you know that there are a number of games available at the DDR NHQ website to liven up your presentations? They include: DDR Jeopardy, Wheel of Knowledge, Are You Smarter Than a C/SSGT and 20 Questions. Each of these games can be downloaded and customized to meet your activity needs.

To access the games go to:

http://members.gocivilairpatrol.com/drug_demand_reduction/links_to_drug_demand_reduction_resources/ddr_resources.cfm .

DDR Teletraining

In the last DDR Newsletter, we announced the return of DDR Teletraining offered by the NHQ DDR Team Leaders. In February and March, there were 45 teletraining participants representing 14 Wings and every CAP Region. In addition, the classes scheduled for April 13 and 15 are filled to capacity. Due to the increased demand, we have scheduled addition classes in April and May.

Teletraining is a great way, from the comfort of your home, to learn the *ins and outs* of the DDR Program from NHQ staff and highly successful DDR team members. There is no travel, lodging, or additional meal expenses.....and you don't even have to wear a uniform. Each course runs about 60-90 minutes in length.

DDR Basics	DDR Budget Process	DDR Activities
Apr 20 @ 10:00 PM edt Apr 22 @ 8:00 PM edt	Apr 29 @ 10:00 PM edt Apr 30 @ 8:00 PM edt	May 4 @ 10:00 PM edt May 6 @ 8:00 PM edt
Topics include: <ul style="list-style-type: none"> • Brief history of the DDR Program • DDR Goals and Objectives • Roles and responsibilities • Program updates • Obtaining Support • Resources to support DDR Program • DDR Budgets • Reporting Tools • Continuity Books 	Topics Include <ul style="list-style-type: none"> • Funding Guidelines • Authorized expenditures • DDR Catalog <ul style="list-style-type: none"> - Process - Forms • Non-Catalog Items <ul style="list-style-type: none"> - Process - Forms • Reporting Requirements 	Topics Include: <ul style="list-style-type: none"> • Internal Opportunities <ul style="list-style-type: none"> - Lesson plans - Presentations available by target audience - Games • External Opportunities <ul style="list-style-type: none"> - Identifying target groups - Presentation ideas • Success Stories • Measuring Success

To enroll in a Teletraining course, send an email specifying the courses you would like to attend to Major Lynn Stuart at sleds88@msn.com. Completion of these courses satisfies training requirements of the DDR Specialty Track. Classes fill up quickly, so register early.

DDR by the Numbers

DDR Team Members (as reflected in e-services on 15 March 2009)

Region	DDRC	DDRA	DDRO	Total
GLR	1	4	45	50
MER	2	10	79	91
NCR	0	3	40	43
NER	1	7	63	71
PCR	1	5	44	50
RMR	1	5	35	41
SER	1	5	43	49
SWR	1	4	44	49
TOTAL	8	43	393	444

Region	None	Tech	Senior	Master	Total
GLR	17	2	1	0	20
MER	44	8	1	3	56
NCR	20	9	1	1	31
NER	38	8	3	1	50
PCR	20	3	0	0	23
RMR	20	4	1	3	28
SER	31	7	3	1	42
SWR	22	9	0	1	32
NHQ	0	1	3	2	6
TOTAL	212	51	13	12	288